## Evidence table

<table>
<thead>
<tr>
<th>Reference (include title, author, journal title, year of publication, volume and issue, pages)</th>
<th>Evidence level (I-VII)</th>
<th>Key findings, outcomes or recommendations</th>
</tr>
</thead>
</table>
| Baley, J. (2015). Skin-to-Skin Care for Term and Preterm Infants in the Neonatal ICU. *PEDIATRICS*, 136(3), pp.596-599. | V | • increased length of any breast-feeding relative to SSC being provided in hospital  
• improved attachment or bonding  
• parents more responsive to baby’s cues  
• Premature babies have more mature sleep organisation |
• Early SSC has a positive impact on time parents spend caring for their babies during their hospital stay  
• This article touches on staff unfamiliarity or discomfort with SSC |
• Length of time that SSC should last for giving justification for same  
• Other methods of providing comfort to newborn when SSC is contraindicated  
• Clarification of contraindications and relative contraindications to SSC |
• Better neurobehavioural performance achieved with longer durations of regular SSC |
• Focus on benefits for mothers and fathers broken down into separate categories |
• SSC could be used as an alternative to sucrose |

Evidence table compiled by Emily Dam for the Nursing Clinical Effectiveness Committee’s Nursing Guideline *Skin to Skin Care*. 

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1. *PEDIATRICS*  
2. *Acta Paediatrica*  
3. *Journal of Human Lactation*  
4. *Pediatric Research*  
5. *Neonatal Network*  
6. *Archives of disease in childhood - Education & practice edition*
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<td>Mangan, S &amp; Mosher, S (2012), ‘Challenges to Skin-to-Skin Kangaroo Care: Cesarean Delivery and Critically Ill NICU Patients’, Neonatal Network, 31(4): 259-261.</td>
<td>VII</td>
<td>• SSC can decrease maternal anxiety, enhanced maternal-infant attachment and increased maternal satisfaction with the birth experience. • Early positive breast-feeding experiences can have decreased incidence of post-partum depression for new mothers • Broad evidence base of SSC being safe for high risk neonates</td>
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<td>Mangat, A., Oei, J., Chen, K., Quah-Smith, I. and Schmölzer, G. (2018). A Review of Non-Pharmacological Treatments for Pain Management in Newborn Infants. Children, 5(10), p.130.</td>
<td>V</td>
<td>• SSC is a great intervention for pain in newborns particularly for procedures due to its relatively high safety profile, accessibility to most patients, and ease of use.</td>
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